What is claimed is:

5

1. A substantially metallic container adapted for cooking foodstuffs in a microwave oven, comprising:

a metallic sidewall defined by an upper end and a lower end;

a selectively removable lid operably interconnected to said upper end of said metallic sidewall; and

a microwavable transparent bottom portion seamed to said lower end of said metallic sidewall to create a hermetic seal, wherein the foodstuffs may be stored or subsequently cooked in said substantially metal container upon removal of said selectively removable lid.

- 2. The substantially metallic container of Claim 1, wherein said microwave transparent material is comprised from at least one of a polypropylene, a polyethylene, and a multi layered polypropylene/EVOH material.
- 3. The substantially metallic container of Claim 1, wherein said microwave transparent material further is comprised at least partially of an ethyl vinyl alcohol.
- 4. The substantially metallic container of Claim 1, wherein an upper end of said substantially metallic container has a greater diameter than a lower end.
- 5. The metallic container of Claim 4, wherein said substantially metallic container has a substantially conical cross-sectional shape.
- 6. The substantially metal container of Claim 1, further comprising a metallic reinforcing member extending substantially around a peripheral edge of said microwavable transparent material and operably interconnected to said lower end of said metallic sidewall.
- 7 The substantially metallic container of Claim 1, wherein said seam comprises a cross-section of at least five layers of a metal material and at least one layer of a microwave transparent material.

- 8. The substantially metallic container of Claim 1, wherein said seam further comprises a sealing material comprised of at least one of an elastomer, a silicon, and a latex based material.
- 9. The substantially metallic container of Claim 1, wherein said metallic sidewall is comprised of at least one of a welded steel, a drawn & ironed steel, a drawn steel, a drawn and redrawn steel, and an aluminum material.
- 10. The substantially metallic container of Claim 1, further comprising a removable plastic lid adapted for removable interconnection to said upper end of said metallic sidewall.
- 11. The substantially metallic container of Claim 1, further comprising a non-metallic insulation material operably interconnected to an outer surface of said sidewall.
- 12. The substantially metallic container of Claim 11, wherein said non-metallic insulative material comprises indicia printed on an outer surface.
- 13. The substantially metallic container of Claim 11, wherein said selectively removable lid further comprises a pull tab to facilitate removal.

14. A microwavable metallic container adapted for storing foodstuffs in an anaerobic condition, comprising:

5

10

a metallic sidewall extending between a lower end and an upper end, and including a welded seam extending substantially therebetween;

a selectively removable metal lid operably interconnected to said upper end of said metal sidewall;

a micro

a microwave transparent bottom portion hermetically sealed to said lower end of said metallic sidewall, and having a diameter of at least about one inch; and

a reinforcing member interconnected to said microwavable transparent material and said lower end of said metallic sidewall, and extending inwardly from said metallic sidewall a distance no greater than about 0.75 inches; and

15

a sealing agent in operable contact with at least two of said reinforcing member, said microwavable transparent material and said metallic sidewall, wherein an airtight seal is provided for anaerobic storage of the foodstuff, and upon removal of said selectively removable metal lid the foodstuffs may be heated within said metallic container in a microwave oven.

- 15. The microwavable metal container of Claim 14, wherein said selectively removable metal lid may be removed with a can opener by shearing said selectively removable metal lid proximate to an upper end of said metallic sidewalls.
- 16. The microwavable metal container of Claim 14, wherein said selectively removable metal lid further comprises a pull tab interconnected to an upper surface of said selectively removable lid, wherein when a force is applied to said pull tab said removable metal lid is detached from said upper end of said metal sidewall.
- 17. The microwavable metal container of Claim 14, further comprising a removable non-metallic lid adapted for positioning on an upper portion of said microwavable metal container.
 - 18. The microwavable metal container of Claim 17, wherein said movable non-

metallic lid is perforated to allow the release of heat and steam.

19. The microwavable metal container of Claim 14, wherein at least said metallic sidewall is comprised of at least one of a tin coated steel and a tin free steel alloy.

20. A hermetically sealed four piece microwavable metallic container, comprising:

5

a metallic sidewall portion comprising a lower end and an upper end and which defines a height of at least about two inches;

a metallic lid which is sealingly interconnected to said upper end of said metallic sidewall portion;

10

a microwavable transparent bottom which is interconnected to said lower end of said metallic sidewall portion and has a surface area of at least about 1.25 square inches;

a reinforcing member operably interconnected to a perimeter edge of said microwavable transparent bottom and a lower end of said metallic sidewall portion, wherein a hermetic seal is created.

15

- 21. The metallic container of Claim 20, wherein said reinforcing member is comprised of a metallic material.
- 22. The metallic container of Claim 20, further comprising a sealing material positioned in contact with said hermetic seal.

20

23. The four piece metallic container of Claim 20, wherein said reinforcing member, said microwavable transparent bottom and said lower end of said sidewall are seamed in a cross-sectional configuration which has at least five distinct layers.

25

- 24. The four piece metallic container of Claim 20, wherein said microwavable transparent bottom is welded to a flange positioned on a lower portion of said metallic sidewall portion in a manner which is hermetically sealed.
- 30
- 25. The four piece metallic container of Claim 20, further comprising a selectively removable plastic lid positioned on said upper end of said metallic sidewall portion, and which is adapted to be positioned on said microwavable metal container after removal of said metallic lid.

- 26. The four piece metallic container of Claim 25, wherein said removable plastic lid further comprises a plurality of apertures to allow the venting of steam and heat during cooking of a foodstuff stored in said four piece microwavable container.
 - 27. The four piece microwavable metallic container of Claim 20, wherein said upper end of said container has a diameter which is distinct from said lower end.